



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Stiede, Lucas

Club: LSV Lok Arnstadt

Number: 176

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 14:04

Speed: 12.80 km/h

Running performance: 4:41 min/km

Rank in course/Total: 10 (of 30)

Rank in course/Men: 7 (of 14)

Best time in course: 11:44

Rank in category: 1(of 1)

Best time in the category: 14:04

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.72	7:53	4:35	1	-	6	1:19	1.72	7:53	4:35	1	-	6	1:19
Last lap Finish	1.28	6:11	4:49	1	-	8	1:10	3.00	14:04	4:41	1	-	7	2:20